

—DISCUSSION OF TECHNICAL FACTORS

—MALE-FEMALE DUALITY

—PENETRATION BY NON-PHYSICAL ENTITIES

—COMMENTS ON THE PREPARATION FOR EARTH CHANGES

INTRODUCTION: This is another series of recordings taken from the research files of the Institute. As you may know, these were made during experimental tests with carefully selected volunteers, chosen for their stability, and the response to training and our techniques. Because the sessions involved work in unmapped areas of consciousness using new methods, we began to call them our «Explorers». We also come to regard them as a courageous, gutsy group of individuals.

In terms of methods, it must be stated that no drugs or electrical brain stimulation are used in such experimentation. The reason is not particularly ethical or legal, but more of the fact that we have found clarity of consciousness to be essential under near total control, and without distortion. Even a prior cup of coffee can affect the result in several of our Explorer group.

The recordings were taken from two-way audio lines between the laboratory and isolation chamber during an experimental session. The researcher in the laboratory feeds audio signals to the headphones worn by the Explorer in the chamber. In addition to such vocal recording, electrodes are attached to the Explorer's head and body, and transmit biological information to the laboratory monitoring unit. These are recorded on separate channels for subsequent evaluation.

Much of the sessions with our Explorer is taken up with testing audio patterns. And we think a sample of this will give you a more balanced viewpoint of the work taking place in our facility. Here is TC, our physicist, doing just that in his own style of reporting...

EXPLORER (TC): About 30 seconds ago, my non-physical body would oscillate with the oscillations of the tone —head-to-foot oscillations, back and forth. Oscillations in my head, which is strange with this higher frequency signal... About 10 or 15 seconds ago, also caused my non-physical body to oscillate. The oscillations are not at the frequency of the sound. They are usually around one, two or three hertz, inharmonic to a natural frequency... There's more oscillation here... A wabbling inside the physical.

MONROE: This is in response to a 40-hertz binaural beat.

EXPLORER: Seems to cause about a one-cycle oscillation, and also I can feel a much smaller, four-cycle oscillation, but both of them are there at the same time...*

MONROE: In a later session, TC met an old friend. Here is what happened...

*Editor's note: About four pages of technical information such as the above have been omitted from the transcripts. Interested parties should refer to tapes for full account.

EXPLORER: ...just that it was more difficult to expand the chest to take in the air... just like a lead blanket had been put over my body, making it harder to breathe... not an uncomfortable sensation, just a peculiar one. I still feel the effects of it. It hasn't really disappeared much, yet... Almost like a centrifugal force —like I'm in a centrifuge, being pressed into the bed.

MONROE: Now, can you still communicate with Thor?

EXPLORER: Oh yes, I have been all along. He says the beats up in the low hundreds will facilitate visualization.

MONROE: Any specific in the low hundreds?

EXPLORER: Hm... it sort of depends... from one hundred to about three hundred should increase the visualization, and the 50-hertz thing should increase your awareness... and all of these tones can be played simultaneously... even though the ear will not consciously be able to differentiate, to pick them out in the various beats, and so on. The nervous system does indeed hear each one separately, as well as all together.

MONROE: I guess we shall have to make an application for testing purposes... very good. Is there any particular frequency which might be used for healing purposes, to help the body coordinate or balance itself?

EXPLORER: No, if the mind-body can be put into a ... first a theta state, then a greater awareness, then a sharper visualization, this will facilitate the healing, both self-healing and healing of others. In this sense these tones

will aid the healing process, but they are very generally laid-out processes that require focusing of thought-energy.

MONROE: Related to this, could you ask Thor what relationship this second self has to the physical body —the energy body, as we understand it— and our use of it... is this accurate? And how does it integrate into the physical?

EXPLORER: What we already understand about it is pretty much the way it is... The second self, or energy body he says, is a truer representation of the personality, and the physical body is a projection of this body energy in physical matter reality. He actually used the analogy. He'd say: «Like a shadow, on a physical matter plane»... It seems that the energy body itself may indeed be a shadow of a yet more refined essence of personality...

I'm not sure how, as far as this telescoping takes place... It's as far as it seems to go... Male and female sexuality in this physical reality is an expression of a more fundamental... sort of a duality, or differences... and here, I'm not sure of what these differences are; but it seems that it is more fundamental than the sexuality in the physical plane, in that this duality that is essentially the other half of balance... it's kind of a basic duality of consciousness, or duality, I suspect, with two aspects of the same thing. And this fundamental duality of the individual consciousness is expressed when projected into the physical matter plane, or when the shadow falls on the physical matter plane, into male and female. But the same duality is also within each individual. It's not that a male is all of one type and a female is all of another type. Both balancing energies are avail-

able in each type. It's just that one characterizes or exemplifies a kind of basis of each of the two balancing members, more than the other.

MONROE: Does it continue to exist when one uses the energy body only, and does not any longer have a physical body?

EXPLORER: Yes, it exists. But as the energy body evolves the duality is brought more and more together, more and more balanced within the individual... I got two thoughts at once, there... Let me back up so I won't confuse the... it's almost again a telescoping thing...

As the energy body becomes more evolved, the duality becomes more and more balanced, until at the end point —if there is an end point— this duality is indeed integrated into a single substance. The single, non-conflicting personality, or the less evolved... as one goes to the cruder and cruder manifestations, down to physical matter reality— which, by the way, doesn't seem to be the last one in the chain— it seems that physical matter reality projects yet onto another, and here, this duality seems to still very much be... it's not really «conflicting», that's the wrong word, but... almost like different types of energy. But they're not very well integrated. And one seeks and needs the other, to balance itself. This integration process then takes place as the entity becomes more evolved.... I'm not saying it really well, but I hope I got the idea across...

MONROE: Yes, you're doing fine... Do you feel well enough, and is Thor willing to take up one final subject?

EXPLORER: Certainly...

MONROE: Let us move to the question of the penetration of the area around the Earth by other beings from other spaces or places. Is this taking place now?

EXPLORER: Are you differentiating between physical penetrations?

MONROE: Let's start with physical penetrations, first. In other words, are there any spaceships —if we want to call them that— that are not originating in the planet Earth or by humans of Earth? Are any such in the area of the Earth at this time?

EXPLORER: The problem is «in the area of»... As would be regarded by such space vehicles and their occupants, the answer is yes. As would be regarded an Earth view of space, it may be considered considerably removed from the «area of».

MONROE: Yes... then, point the question more closely. Are such penetrating the actual atmosphere of the Earth, at this time or in short recent times?

EXPLORER: It happens, from time to time, where near-Earth spaces are occupied by such physical entities, but it's not a general thing. It's not a rule, it's rather an exception. And as I look ahead in the future, I don't see any change in that status. I don't see any public disclosures of... of landings on the Whitehouse lawns, or anything dramatic... I see that, occasionally, such a traveler does enter in the near-Earth environment, and...

MONROE: He does it, then, covertly...

EXPLORER: Yes... well, not necessarily... I'll say «discreetly», which is a refinement of the word «covertly».

MONROE: Yes. What means of communication do they use?

EXPLORER: I don't know. It seems that some are self-contained units and are not in any kind of routine communication with a base, or a home or origination. They are independent, self-contained units, and of course they're in communication with members of that unit. They don't necessarily come in groups or packs.... I get the picture of communication taking place but I can't really tell how... maybe Thor will give me something verbal rather than visual, here... Just a minute... there are a lot of different kinds of communication. Some are by light, others by telepathy. But the telepathy, somehow, doesn't seem like a natural telepathy. It seems like some kind of device-aided telepathy where one, by having the appropriate equipment, can transmit and receive without the benefit of radio waves, using thoughts. But it's machine-aided telepathy that I see...

MONROE: What power or energy do they use to move their vehicles to counteract gravity?

EXPLORER: I don't understand it. It just essentially comes across that it works, that it is not the conventional power that we know of. It's not a rocket or anything like that... They don't seem to need a large amount of fuel, whether they gather it as they go, like from sunlight, I don't know. But it's like they don't have to stockpile the fuel like a rocket has to. Perhaps it's the solar energy, I'm not sure, but it doesn't carry along fuel tanks, so to speak. It travels under an energy that is just too alien to me. I don't really understand it or know how to describe it. It just sort of works.

MONROE: It's not within your ability to understand it or experience it?

EXPLORER: I think that's the problem...

MONROE: I understand... Then, let's turn to the penetration by non-physical entities or individuals, in the planet Earth. What penetration has, or is taking place at this time as compared to non-physical individuals or groups?

EXPLORER: There is just an almost infinite number of non-physical entities which can penetrate to our Earth or to physical matter interaction. Now, that doesn't mean that they can assume a physical form or project themselves into physical matter. But they can interact with beings in the neighbourhood of, in and around, among and through, with physical matter... It's like the spaces teeming with... —space I say... well, inner space... or whatever this non-physical space is— it's teeming with life like an ocean is teeming with fish... and then all around there are like all different types of interests, some of which couldn't care less about the Earth and others that are very interested. They all seem to have their own thing to do, or their own journey... Does a fish have a journey? I guess salmon do, and a few others do, but they just seem to be doing whatever it is they're doing... and there are lots of them around...

Now, this sort of random penetration of whomever seemed to be interested or passing by, has changed some recently, with a higher level of organization taking place, more entities who are Earth-interested, actually working, laying plans in some way... I suppose one could say: interacting with or interfering with humans on Earth... and it's much like near-

Earth future is going to be a big event, sort of a coming attraction... This organization is centered about a preparation, helping to prepare humans for this big coming event. I haven't been given the information, but I assume they're talking about this geological change, and that is sort of well known, that this big happening is about to occur.... I don't understand how «is about to occur» is defined.

This «time» thing confuses me, but it's like there is a time, and this time is coming close, so the Earth is attracting a lot more attention from non-physical entities than it has in the past, because of this... It's like the theatre is beginning to fill, or the seats at the circus are about to fill up and some of which are the early comers who are down there trying to give moral support or encouragement, or help, or whatever they can to the about-to-be performers. I think the ones that are trying to help have a pretty close tie with the Earth. Mostly, they are entities that for one reason or another relate strongly and have a lot of good, positive feelings towards Earth and the Earth experiment.

MONROE: Then, ask Thor where he fits into this pattern...

EXPLORER: He says he likes Earth and hopes everything will work out alright.

MONROE: Ask him what his relationship is to you.

EXPLORER: There doesn't seem to be anything personal, just acquaintances. Evidently, he was in the vicinity one time when I was requesting communications, and such a friendship, so to speak, was started up... I don't have a feeling, as others have reported, of an oversoul, and that kind of personal

relationship. I think he is just a friendly entity who doesn't mind sitting down for a chat once in a while. And once again, as I said, he is very Earth-interested. He has very fond, and sort of good feelings toward Earth and people.

MONROE: Ask him if he will join us again, then, and sit down for more conversations, and tell him how much we appreciate him.

EXPLORER: Oh yes, he'll be around...

MONROE: Ask him if there is any particular way that you can find him if you have to.

EXPLORER: Hm... je just laughed and... he's kind of chagrined at the nickname we have given him of *Thor*. But he sort of grudgingly accepts it and indicates that essentially calling him by name will be sufficient.

MONROE: Ask him for a better name.

EXPLORER: Hm... This is what started this whole *Thor* business to begin with... (laughs) ... but I'll ask him... (pause...) He says that'll do...

MONROE: Ask him if he would like to add another name to this; if this one he grudgingly accepts, we much prefer to have another one...

EXPLORER: Well, evidently, any name he would grudgingly accept. So he doesn't really relate very much to names. He says it really doesn't make that much difference, that *Thor* will serve. He's had it this long, he might as well let it go.

MONROE: Well, then, thank him very much for this long and very interesting and significant conversation, and tell him that we will certainly make good and constructive use of the material...

EXPLORER: He was actually pleased to have the conversation sort of renewed with him. When I went into this state I sort of thought of Thor, because I had communicated with him before and made an attempt at finding him again. It didn't come very quickly, it was like he wasn't there... and after some minutes of calling him, sure enough he popped up. I was under the impression that he was a long way's off and that he was no longer here in the immediate vicinity, symbolically speaking. But when he heard his name, he came by; and when he did come by he seemed to be very happy to see me... and I was very happy to see him, so it was like a reunion of sorts. He is very ameanable to the idea of continuing discussions.

MONROE: That will be very good, you can tell him, and that we hope to continue in the very, very near future.

EXPLORER: He had just kind of given up on us and had figured that we had forgotten him, and he didn't really expect to hear from us. It was kind of a long-lost relative calling up in the middle of the night, I guess.

MONROE: Well, tell him that we will not make it so long the next time.

EXPLORER: Okay...

MONROE: Thank him, and then begin making your return.

EXPLORER: Okay...

MONROE: Debriefing... Would you like that balancing formula, or do you feel it is necessary?

EXPLORER: No, I don't think it is necessary.

MONROE: I will try to find a recharger here...

EXPLORER: It was kind of funny the way Thor was putting words into my mouth. I was speaking but he was putting the words there. Occasionally, something would come out a little bit strange, and I wasn't sure whether it was said the way he had intended. I kind of asked him: «Is that alright?» and he would kind of pat me on the shoulder in a figurative way and say: «You're doing fine... that's the way I said it, that's the way I'd intended it, keep right on going, it's okay...» So he was encouraging.

MONROE: Do you have a visual picture of him at all?

EXPLORER: No...

MONROE: Just a presence feeling?

EXPLORER: Yeah... I suspect so... It wasn't... you know... in the absence of any shape at all I expect that kind of filled-in... something that was taller than it was wide, because that's the way people come... but there wasn't any detail... I didn't see like arms and legs, or anything like that...

MONROE: But he's definitely male, though?

EXPLORER: Yes, he's definitely male.

MONROE: 'Cause I know you used the «he» a great deal, and so I presumed that it was a male... Well, I will give you some light, but get your arms and legs going 'cause I don't have a gauge on you, so I don't know where you are...

EXPLORER: Well, the heaviness is beginning to leave pretty well. How long was that?...

END OF RECORDING
